

## **NEWLIFE SERIES OVERVIEW**

### **ROADBLOCKS TO CHRISTIAN MATURITY & CHURCH GROWTH: HOW TO AVOID THEM**

Pastor Bien Llobrera

Two questions continually confront churches and church leaders:

- Why are believers not growing to spiritual maturity?
- Why is our church not growing in character and size?

#### **4 ROADBLOCKS**

There are, at least, four roadblocks to Christian maturity and church growth.

- **ROADBLOCK #1: NO INTENTIONAL DISCIPLESHIP PROGRAM.**

Many churches have no intentional and effective discipleship curriculum to help believers toward spiritual maturity, resulting in lack of church growth qualitatively and quantitatively.

- **ROADBLOCK #2: NO REPLICATING, MULTIPLYING DISCIPLESHIP PROGRAM.**

Other churches may have a curriculum for teaching the Bible and Christian doctrines by it is not intentionally designed for replication and multiplication. Take, for example, the traditional Sunday School curriculum; it aims to teach the Bible and Christian doctrines, but the lessons just keep repeating a cycle with no ending point and with no plan to equip students to become teachers themselves to pass on to others what they have learned.

- **ROADBLOCK #3: DISCIPLESHIP MATERIALS ALWAYS CHANGING.**

Still other churches keep changing curriculum every time a “new” material is advertised. Sadly, “new” materials are merely a business strategy by the publishing industry to make sure they have a continuing base of customers. In reality, in so far as the materials are biblical, the core contents remain essentially the same. What’s “new” consists merely of format, presentation, style, and packaging. Students never get to master the previous material to be able to teach it to others.

- **ROADBLOCK #4: NO POWER FROM THE HOLY SPIRIT.**

This is the BIGGEST ROADBLOCK of all!

So many Christians and Gospel workers are doing God's Work WITHOUT God's power.

The Lord Jesus Christ strictly commanded His disciples:

Luke 24:48, 49:

“<sup>48</sup> And you are witnesses of these things. <sup>49</sup> Behold, I send the Promise of My Father upon you; but tarry in the city of Jerusalem until you are endued with power from on high.”

Acts 1:8:

“But you shall receive power when the Holy Spirit has come upon you; and you shall be <sup>[e]</sup>witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

The best seminary training and the best materials are useless and powerless without the power of the Holy Spirit.

The solution?

Every disciple, every cell leader, every pastor must make sure that they are filled with the Holy Spirit. A special time for Bible study and prayer must be scheduled in order to study the lesson STEPS TO THE HOLY SPIRIT-FILLED LIFE.

(Please see lesson on THE HOLY SPIRIT-FILLED LIFE below.)

PERMANENT CURRICULUM NEEDED.

### 1. STABLE CURRICULUM.

One strategy will overcome all three roadblocks: A church must choose one good, biblical material for evangelism and discipleship and stick with that material over a period of years, for basic foundation and for spiritual multiplication.

### 2. BASIC FOUNDATION.

The permanent curriculum must provide the basic foundations of salvation and discipleship. All members of the church must master this basic foundation in knowledge and in the application of its truths. For example, we humbly recommend the NewLife Series (see overview below). This series is by no means perfect. However, it will certainly provide the basic spiritual foundation needed by believers.

### 3. MULTIPLICATION.

The permanent curriculum must become the tool of disciples for spiritual multiplication. After mastering the curriculum, they will be trained to teach the same material to others, one book at a time. This fulfills the principle of generational multiplication in 2 Timothy 2:2: “And the things

that you (Timothy, 2<sup>nd</sup> generation) have heard from me (Paul, 1<sup>st</sup> generation) among many witnesses, commit these to faithful men (3<sup>rd</sup> generation) who will be able to teach others (4<sup>th</sup> generation) also.”

We are supposed to make disciples that multiply themselves down to the fourth generation! This is best done by using a basic curriculum that can be passed on faithfully and perennially down the line.

#### 4. UPDATES & CORRECTIONS.

If updates and corrections are needed, these can be done and printed as supplementary hand-outs. There is no need to change the basic curriculum.

#### 5. ADVANCED LESSONS.

At the same time that “graduates” of the basic curriculum are teaching that same basic curriculum to others, these “graduates” can go on to advanced studies using excellent modular, topical materials. There are many such excellent resources available at Christian bookstores. For example, special studies on the Bible, on leadership, on ministry, on counseling, etc.

“Graduates” who receive a definite call to vocational ministry will be encouraged to enroll in a seminary program, preferably through Seminary Extension Education or online, while they continue to be engaged in actual regular evangelism and disciple-making and church planting ministries under their local church supervision.

### NEWLIFE SERIES FOR EVANGELISM. DISCIPLESHIP & MISSIONS

As already mentioned above, we humbly request you to review the NEWLIFE SERIES FOR EVANGELISM, DISCIPLESHIP & MISSIONS. We encourage you to consider adopting the NewLife Series as your basic, permanent curriculum. For the following reasons:

- BIBLICAL.

The NewLife Series presents biblical truths needed for evangelism, discipleship and missions.

- DEVELOPMENTAL.

1 John 2:12-14 describes the Christian life as a journey of spiritual growth following three stages: baby, youth and parent. The NewLife Series is designed to lead a person from evangelism on through the three stages of spiritual growth (please see overview below).

- CONTEXTUAL.

Lessons are written with the Filipino cultural context in mind and for local churches in the provinces. The NewLife Series is available in English, Tagalog & Cebuano.

- DO-ABLE.

The NewLife Series is written in such a way that it is self-teaching and can be led by a facilitator following the simple strategy of READING TOGETHER with the student/s the lesson, section by section, verse by verse.

- PASS-ON-ABLE.

Once a student completes one lesson or one book, he/she can immediately turn around and teach that lesson to someone else, using the same READING TOGETHER strategy. Upon graduating from the whole series, a “graduate” will be already trained to replicate the whole process with someone else, starting from Book 1.

- AFFORDABLE.

The NewLife Series is available FREE IN E-COPY FORMAT. With your own E-COPY, and with the availability and affordability of printing services, you may print only the number of copies that you need and in the format you choose. You may download PDF files from the

website <https://pastorbiendiscipleship-resources.com/>

*Or email your request for FREE E-COPY to [pastorbien@gmail.com](mailto:pastorbien@gmail.com)*

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## *NewLife Series*

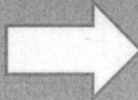
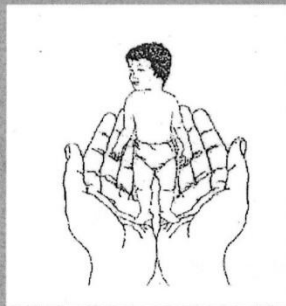
**EVANGELISM, DISCIPLESHIP, MISSIONS  
BOOKS 1-14 (ENGLISH, TAGALOG, CEBUANO)**

Download lessons at <https://pastorbiendiscipleship-resources.com/>

Or email your request for **FREE E-COPY** to [pastorbien@gmail.com](mailto:pastorbien@gmail.com)

The NewLife Series will lead a person from initial faith in Christ on through the  
**THREE STAGES OF SPIRITUAL GROWTH: BABY, YOUTH, PARENT.**

*<sup>1</sup> John 2:12-14: <sup>12</sup>I write to you, little children, because your sins are forgiven you for His name's sake.  
<sup>13</sup> I write to you, fathers, because you have known Him who is from the beginning. I write to you, young men, Because you have overcome the wicked one. I write to you, little children, because you have known the Father. <sup>14</sup>I have written to you, fathers, because you have known Him who is from the beginning. I have written to you, young men, because you are strong, and the word of God abides in you, and you have overcome the wicked one.*



## *NewLife Series*

**EVANGELISM, DISCIPLESHIP, MISSIONS**  
English, Tagalog & Cebuano Versions.

By Pastor Bien Llobrera

### **OVERVIEW**

#### **YOUR SPIRITUAL JOURNEY**

Welcome to your life-long spiritual journey as a disciple! A true born-again believer is called to be a disciple. A disciple is a learner, a student, an apprentice, a follower of the Lord Jesus Christ, who says to you and to all who believe in Him, "Follow Me, and I will make you fishers of men" (Matthew 4:19).

To guide you in your spiritual journey we have provided this manual called NewLife Discipleship Series. Here you will get an overview of the entire course.

A manual is a brief guidebook that's easily carried in one's hand. This discipleship manual is not only a book that you carry in your hand. This manual will put on your palms and fingers important discipleship truths, taught through hand illustrations, that will equip you to participate in the greatest work -- becoming a disciple of the Lord Jesus Christ and helping others to do the same.

In the Bible, God often refers to His hands. The Lord Jesus gives the most beautiful reference to the divine hands: ***"My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one can snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand" (John 10:27-29, NIV).***

What a wonderful promise! In the almighty hands of the Father and the Son we Christians are safe and secure – forever! Our salvation does not depend on our holding on to God. Our salvation is securely grounded on the truth that God holds on to us with a grip that won't let go.

Does this mean that we fold our hands and do nothing but wait for heaven? Unfortunately, many Christians hold this wrong idea in their minds.

To the contrary, because we are secure in God's hands we should work vigorously with our hands! Paul captures this graphically in Philippians 3:12: ***"Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me."***

Christ took hold of us – grasped us with His hands – for a purpose. Now, we are challenged to take hold of – to grasp with our hands – Christ's purpose until it is perfectly fulfilled in our lives.

To take hold of Christ's purpose, the Christian must have strong hands. This discipleship training manual will strengthen your spiritual hands at every stage of your Christian growth. The goal is two-fold:

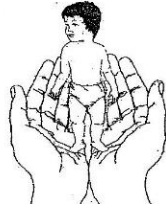
- (1) First, you must complete the NewLife Course, Books 1-14;
- (2) Second, you must be trained and equipped to teach this same course to others.

## **STAGES OF GROWTH**

There are three stages of Christian growth, according to 1 John 2:12-14:

***"I write to you, dear children, because your sins have been forgiven on account of his name. I write to you, fathers, because you have known him who is from the beginning. I write to you, young men, because you have overcome the evil one. I write to you, dear children, because you have known the Father. I write to you, fathers, because you have known him who is from the beginning. I write to you, young men, because you are strong, and the word of God lives in you, and you have overcome the evil one."***

Children, young men, fathers. In more general terms, every Christian goes through three spiritual stages: BABY, YOUTH, and PARENT. This discipleship training manual will teach and train Christians to strengthen and use their spiritual hands during each of these stages.



**SPIRITUAL BABY**

**BOOK ONE**

**BABY RIGHT HAND: THE GOSPEL**

1. Thumb: God's Love
2. Pointing Finger: Man's Problem
3. Middle Finger: Christ is the Answer
4. Ring Finger: Christ's Invitation
5. Little Finger: Man's Decision
6. Palm: The Christian's Assurance

Plus:

EVANGELISTIC BIBLE STUDIES  
FROM THE GOSPEL OF JOHN

**BOOK TWO**

**BABY LEFT HAND: NEEDS OF A SPIRITUAL BABY**

1. Thumb: Prayer - I
2. Pointing Finger: Word of God - I
3. Middle Finger: Forgiveness
4. Ring Finger: Family of God
5. Little Finger: Testimony
6. Palm: Indwelling Holy Spirit



**SPIRITUAL YOUTH**

**BOOK THREE**

**YOUTH LEFT HAND: NEEDS OF A SPIRITUAL YOUTH**

1. Thumb: Prayer - II
2. Pointing Finger: Word of God - II

3. Middle Finger: Cross
4. Ring Finger: Body of Christ
5. Little Finger: Witnessing
6. Palm: Holy Spirit-Filled Life

**BOOK FOUR  
BAPTISM AND CHURCH MEMBERSHIP**

NOTE:

1. People, previously baptized at another church, who have joined our church are still required to complete Book 4.
2. New believers must complete this course in preparation for baptism.

The Importance of B-A-P-T-I-S-M

Believe  
Accept  
Prove  
Testify  
Instruct  
Stewardship  
Membership

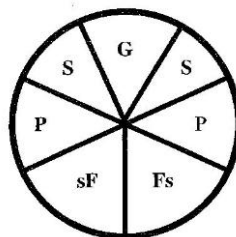
**BOOK FIVE  
BASIC BIBLE TRUTHS**

1. Palm: TRUTHS ABOUT THE BIBLE
  2. Thumb: TRUTHS ABOUT GOD
  3. Pointing Finger: TRUTHS ABOUT CREATION
  4. Middle Finger: TRUTHS ABOUT SIN AND SALVATION
  5. Ring Finger: TRUTHS ABOUT THE CHURCH
  6. Little Finger: TRUTHS ABOUT LAST THINGS
- Plus: Bible Survey: Old & New Testaments

**NOTE: AFTER COMPLETING BOOK 5, INSERT SEPARATE STUDIES**

**BOOK SIX-A:  
FOR YOUNG PEOPLE**

**CHI UPSILON  
DISCIPLESHIP TRAINING FOR YOUTH**



When a person receives Christ as Savior and Lord, this commitment is symbolized by superimposing the letters CHI (X) and UPSILON (Y) on the circle of life; this divides the circle of life into *SEVEN AREAS*. These seven areas are represented by the letters G – S – P – FS – SF – P – S:

- GOD
- SELF
- PARENTS
- FRRIENDS
- SPECIAL FRRIEND
- PRURPOSE
- SUCCESS

NOTE: The BOOK 6-A, CHI UPSILON course may be given as a “stand alone” special Bible study for youth, as an evangelistic/discipleship course, as often as you can gather a group of youth (numbering 7-15, or more). Identify each group as “Batch 1”, “Batch 2”, etc. The idea is that batch graduates will recruit other youth to form a new batch; graduates will also serve as assistants in the training of the new batch. Graduates will be encouraged to join a cell group where they can begin their discipleship training to study NewLife Books 1-14; unless they were already in such a cell group before attending the CHI UPSILON special course.

**BOOK SIX-B:  
FOR MARRIED COUPLES & ENGAGED SINGLES  
F. A. C. T. S. OF LASTING LOVE & MARRIAGE**

Book 6-B is designed for:  
Couples Bible Study;  
Engaged Singles Bible Study;  
Pre-Marital Counseling.

F. A. C. T. S. is an acronym for the following important ingredients or components of a lasting love and marriage:

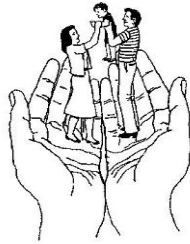
- Foundation
- Aceptance
- Communication
- Teamwork
- Satisfaction and Success

NOTE: Similar to the CHI UPSILON course, Book 6-B, F. A. C. T. S. OF LASTING LOVE AND MARRIAGE, may be given as a “stand alone” special Bible study for married couples and singles in committed relationship, as an evangelistic/discipleship course, as often as you can gather a group of couples (numbering 5-8 couples, or more). Identify each group as “Batch 1”, “Batch 2”, etc. The idea is that batch graduates will recruit other couples to form a new batch; graduates will also serve as assistants in the training of the new batch. Graduates will be encouraged to join a cell group where they can begin their discipleship training to study NewLife Books 1-14; unless they were already in such a cell group before attending the F. A. C. T. S. special course.

**BOOK SEVEN  
YOUTH RIGHT HAND: KEYS TO VICTORY**

1. Thumb: Body
2. Pointing Finger: Mind
3. Middle Finger: Emotion
4. Ring Finger: Will

5. Little Finger: Armor of God
6. Palm: The Exchanged Life



### **SPIRITUAL PARENT**

## **BOOK EIGHT DISCIPLEMAKING: FILIPINO CONTEXT**

### **Filipino Personality Hand**

The Filipino Heart

Palm: Family

Thumb: “Utang na Loob”

Pointing Finger: Social Acceptance

Middle Finger: Social Mobility

Ring Finger: Benefactor-Hero Complex

Little Finger: Closeness to God

### **Character Hand**

Thumb: Self-Image (Pls see Book 6-A, Lesson 2)

Pointing Finger: Parents ((Pls see Book 6-A, Lesson 3)

Middle Finger: Friends (Pls see Book 6-A, Lesson 4)

Ring finger: Love, Courtship, Marriage, Christian Family

Little Finger: Time, Work, Money

Palm: Success, Life Goals, Convictions

### **Special Article**

Homosexuality: A Bible Perspective

## **BOOK NINE**

### **PARENT LEFT HAND: NEEDS OF A SPIRITUAL PARENT**

1. Thumb: Prayer - III
2. Pointing Finger: Word – III (See **Book 5**)
3. Middle Finger: Stewardship
4. Ring Finger: Bride of Christ
5. Little Finger: World Mission
6. Palm: Gifts of the Holy Spirit (See **Book 12**)

## **BOOK TEN**

### **PARENT RIGHT HAND: FOUNDATIONS FOR MINISTRY**

1. Thumb: The Spirit in Ministry
2. Pointing Finger: The Word in Ministry

3. Middle Finger: Prayer in Ministry
4. Ring Finger: Modeling in Ministry
5. Little Finger: Trials in Ministry
6. Palm: Goal & Process of Ministry

**BOOK ELEVEN  
THE BOOK OF ROMANS**

**BOOK TWELVE  
36 FOUNDATIONAL SALVATION TRUTHS**

**BOOK THIRTEEN  
SPIRITUAL GIFTS:  
DISCOVERING, DEVELOPING, DEPLOYING**

1. Four Wonderful Truths
2. What are Spiritual Gifts?
  3. Gifts for Serving
  4. Gifts for Teaching
  5. Gifts for Leading
  6. Basic Ministries
7. Developing and Deploying your Gifts
8. Affirming Your Gifts and Ministry
9. Barnabas: Model Disciple & Disciple-maker

**BOOK FOURTEEN  
NEWLIFE CHURCH PLANTING STRATEGY**

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SPECIAL LESSON:

**THE HOLY SPIRIT-FILLED LIFE:  
KEY TO VICTORY AND FRUITFULNESS**

By Pastor Bien Llobrera

ARE you a Christian? Do you faithfully read your Bible and pray everyday? Do you faithfully attend your church and try to serve as best you can? Do you try to witness for Christ to your friends? And yet you feel like you are powerless and fruitless? Are you a cell leader or pastor, but you sense that your ministry makes little impact?

Here's good news for you!

God has given the Holy Spirit to enable every Christian – church members and pastors alike – to have consistent victory over temptation and sin, to abound in the fruit of the Holy Spirit, and to be effective and fruitful in ministry.

But you have to know two important truths.

## TRUTH ONE: YOU HAVE ALL OF THE HOLY SPIRIT

1. This is the first truth you need to know regarding your relationship with the Holy Spirit: *You have all of the Holy Spirit*. This truth emphasizes that as a Christian you fully share in the life of the Body of Christ. The life of the Body is the Holy Spirit. According to 1 Corinthians 12:13, what does every Christian "drink" of?

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2. To "drink" of the Holy Spirit means to receive Him. Every Christian has received the Holy Spirit. Some Christians ask: "How do I know I have the Holy Spirit?"

a. According to Galatians 4:6 and Romans 8:15, to whom does God give Holy Spirit?

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b. When are we born again? (John 1:12,13; 3:3,5)

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c. The Holy Spirit begins to live in us the moment we are born again. Otherwise, what does Romans 8:9 say?

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3. Without the indwelling Holy Spirit, you are not, you cannot be, a true Christian. If you are a Christian, know that the Holy Spirit lives in you.

4. We need to emphasize this truth: When the Holy Spirit first comes into the believer at conversion, HE COMES IN AS A FULL AND COMPLETE PERSON. No subsequent spiritual experience will add more of the Holy Spirit to the believer.

## TRUTH TWO: DOES THE HOLY SPIRIT HAVE ALL OF YOU?

5. A bothersome question arises: If all Christians have the Holy Spirit, how is it that so few experience the rivers of living water promised by the Lord Jesus (John 4:14; 7:37,38)? Doesn't this prove that some Christians have more, and others have less, of the Holy Spirit?

6. Someone diagnosed the problem accurately: You have all of the Holy Spirit. The problem is, does the Holy Spirit have all of you?

7. This is the second truth that we need to understand: *We must be filled with the Holy Spirit*. To be filled, we need to follow six steps. Some of you have taken these steps before, but it always helps to re-evaluate your life by these steps.

## STEPS TO THE HOLY SPIRIT-FILLED LIFE

### STEP 1: KNOW THAT THE HOLY SPIRIT LIVES IN YOU.

The first step to the Holy Spirit-filled life is to thank God for giving you His Holy Spirit when you were born again (John 1:12,13; Romans 8:9,15,16; 1 Corinthians 12:12,13). In the space below, write a prayer thanking God for the Holy Spirit's indwelling.

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### STEP 2: REMOVE THINGS THAT BLOCK THE HOLY SPIRIT.

a. What are we commanded to stop doing, in Ephesians 4:30 and in 1 Thessalonians 5:19?

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b. When the Holy Spirit is grieved and quenched, He is blocked and He cannot flow freely in us and through us. What things block the Holy Spirit (Ephesians 4:17-5:17)?

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Habitual sins; sinful habits; sinful attitudes, such as hatred, unwillingness to forgive, pride, worry, bitterness, block the Holy Spirit. Doubtful things can also block him (Romans 14:23). Before you can experience the Holy Spirit-filled life, you must confess and forsake all these things.

(c) Examine your heart in the light of God's Word. Take a separate piece of paper and write on it every sin that the Holy Spirit convicts you of.

(1) Habitual sins.

(2) Sinful attitudes.

(3) Sinful relationships.

(4) Doubtful matters.

(5) Two "stumbling block" areas to deal with:

TWO “STUMBLING BLOCK” AREAS. There are two areas which cause many Christians to stumble and which render them unfit to serve God. See below how the Lord Jesus wants you to deal with these two areas.

The Lord Jesus focused on two areas that cause many Christians to stumble. Honestly answer the questions related to each area.

- CURSING, ANGER, UNFORGIVENESS, RECONCILIATION

Matthew 5:21-25

<sup>21</sup> “You have heard that it was said to those <sup>[d]</sup>of old, ‘You shall not murder, and whoever murders will be in danger of the judgment.’ <sup>22</sup> But I say to you that whoever is angry with his brother <sup>[e]</sup>without a cause shall be in danger of the judgment. And whoever says to his brother, ‘Raca!’ <sup>[f]</sup> shall be in danger of the council. But whoever says, <sup>[g]</sup>‘You fool!’ shall be in danger of <sup>[h]</sup>hell fire. <sup>23</sup> Therefore if you bring your gift to the altar, and there remember that your brother has something against you, <sup>24</sup> leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

Question 1: Do you confess and forsake the sin and habit of using curse words against people that you despise or hate?

Question 2: Are you ready to forgive and forget the wrong done to you by another person?

Question 3: Are you ready to make the first step to reconcile and mend a broken relationship with someone?

- IMPURE THOUGHTS, PORNOGRAPHY, FORNICATION, ADULTERY

Matthew 5:27-30:

<sup>27</sup> “You have heard that it was said <sup>[i]</sup>to those of old, ‘You shall not commit adultery.’ <sup>28</sup> But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. <sup>29</sup> If your right eye causes you to <sup>[j]</sup>sin, pluck it out and cast *it* from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. <sup>30</sup> And if your right hand causes you to <sup>[k]</sup>sin, cut it off and cast *it* from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

Question 1: Do you confess and forsake the sin of indulging in lustful adulterous thoughts; to confess and forsake sinful sexual habits of self-stimulation?

Question 2: Do you decide today to throw away and stop using pornographic materials (magazines, pictures, movies, online sites, etc.)?

Question 3: Do you decide today to terminate sinful relationships that involve extra-marital sexual activities?

Question 4: Do you commit today to live in sexual purity in obedience to God's command that sex is reserved only for biblical marriage between one man and one woman?

### READY FOR THE MASTER'S USE

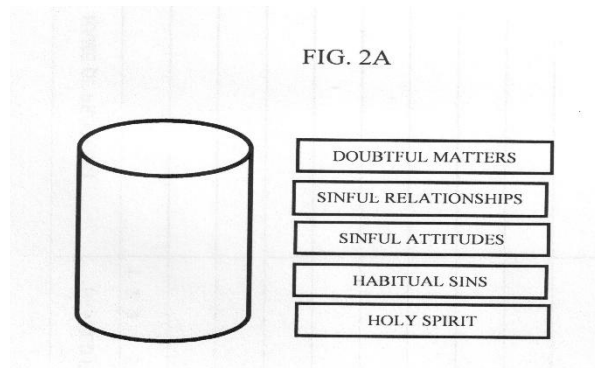
2 Timothy 2:20, 21:

<sup>20</sup> But in a great house there are not only vessels of gold and silver, but also of wood and clay, some for honor and some for dishonor. <sup>21</sup> Therefore if anyone cleanses himself from the latter, he will be a vessel for honor, <sup>[h]</sup>sanctified and useful for the Master, prepared for every good work.

(d) Holiness and purity are absolute requirements if you want to be used by God.

For the sake of our illustration, do the following actions:

### A SIMPLE ILLUSTRATION



Let's use a simple illustration (Figure 2A): Your leader will give each one of you: (1) a PAPER CUP; (2) 5 blank strips of paper; on each strip write one of these phrases: "Holy Spirit", "Habitual Sins", "Sinful Attitudes", "Sinful Relationships", "Doubtful Matters", "Two Stumblingblocks".

The paper cup represents your life. Put the strip "Holy Spirit" at the bottom of the cup; this means that when you received Christ, the Holy Spirit came to live in you. Now, stuff the other strips into the cup; this means that these things ("Habitual Sins", "Sinful Attitudes", "Sinful Relationships", "Doubtful Matters") are blocking the Holy Spirit in your life. Before you can experience the Holy Spirit-filled life, you must remove these things from your life; you must confess and forsake all your "Habitual Sins", "Sinful Attitudes", "Sinful Relationships", "Doubtful Matters", "Two Stumblingblocks".

To make the process of cleansing meaningful, let's do the following actions:

- ACTION 1: Make a list of all the sins you need to confess and forsake and put your list inside the cup. This step illustrates that you recognize these sins, habits and relationships as BLOCKAGES to the Holy Spirit in your life and you want get rid of these.
- ACTION 2: Hold up your cup to God and say a sincere prayer of CONFESSION of all these sins, habits and relationships and ask for God's full FORGIVENESS & CLEANSING of all these sinful things through the BLOOD of the Lord Jesus.
- ACTION 3: After making your confession, thank God and CLAIM His forgiveness and cleansing based on 1 John 1:9.
- ACTION 4: Now, as a final action, take out from your cup the LIST of all your sins, habits and relationships, TEAR into small pieces the list and throw the torn pieces into a trash can. Now, your cup is CLEAN, and the Holy Spirit inside of you is now free to flow without any blockages.

You are ready to proceed to the next step toward the Holy Spirit-filled life.

### STEP 3: SURRENDER YOUR LIFE FULLY AND UNRESERVEDLY TO GOD.

a. Summarize Romans 12:1,2 in your own words.

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b. In order to be filled and controlled by the Holy Spirit, surrender every part of your life to His control. You are like a container. After removing the dirt, turn the whole container over to God for His exclusive use. Take this step of full surrender by sincerely praying:

"Dear heavenly Father, I now fully surrender my whole life as a living sacrifice to You, spirit, soul, and body, all that I am, all that I have, all my relationships, and all the days of my life. From now on I am Yours alone and Yours forever. By Your grace, I will be what You want me to be, I'll do what You want me to do, I'll go where You want me to go. In Christ's name. Amen."

If you have prayed this prayer before, renew your commitment today. After praying, complete the record below:

TODAY, I COMMITTED/RECOMMITTED MY LIFE TOTALLY TO THE LORD.

DATE \_\_\_\_\_ TIME \_\_\_\_\_ PLACE \_\_\_\_\_

### STEP 4: CLAIM BY FAITH THE FILLING OF THE HOLY SPIRIT.

a. You became a child of God by asking in faith for Christ to come into your life. Similarly, you receive the filling of the Holy Spirit by asking in faith that God will fill you with His Holy Spirit. Your faith should be based on these truths:

(1) GOD'S WILL: It is God's will to fill you with His Holy Spirit (Ephesians 5:18);

(2) GOD'S PROMISE: God promised to grant your request to be filled with the Holy Spirit (Luke 11:13);

(3) GOD'S GUARANTEE FOR ANSWERED PRAYER: After asking in faith, you may claim God's positive answer on the basis of 1 John 5:14,15. Pray this prayer in faith:

"Heavenly Father, You promised to give the Holy Spirit if I ask. You also commanded me to be filled with the Holy Spirit. You also guaranteed to answer every prayer that's based on Your promise and Your will. Therefore, I ask you now, Father, to fill me, possess me, and control me with your Holy Spirit. By faith in Your promise and in obedience to Your command, I now claim the filling of the Holy Spirit. Based on Your guarantee for answered prayer, I thank You for answering my prayer and filling me now with Your Holy Spirit. In Christ's name. Amen."

If you prayed this before, ask again for a fresh filling of the Holy Spirit. After praying, complete the record below:

TODAY, I CLAIMED/RECLAIMED THE FILLING OF THE HOLY SPIRIT.

DATE \_\_\_\_\_ TIME \_\_\_\_\_ PLACE \_\_\_\_\_

After this prayer of faith, act upon God's promise. From this moment on, always confess and declare that the Holy Spirit has taken control of your whole life. As you go about your daily tasks, always count on the presence, power, and control of the Holy Spirit. At the beginning of each day, take time to meditate on the fact that the Holy Spirit has filled you and is filling you. As you do your work during the day, maintain the attitude of dependence upon the Holy Spirit.

STEP 5: WALK BY THE HOLY SPIRIT.

1. Read Galatians 5:16-17, 22-25. To walk by the Holy Spirit means to live the Christ-centered life by faithfully maintaining the basic disciplines of the Christian life. Evaluate yourself with the help of the following questions:

a. When and how much time do you give to the WORD of God through:

Hearing \_\_\_\_\_

Reading \_\_\_\_\_

Studying \_\_\_\_\_

Memorizing \_\_\_\_\_

Meditation \_\_\_\_\_

b. When and how much time do you give to PRAYER?

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c. When and how much time do you give to FELLOWSHIP with other Christians?

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d. When and how much time do you give to WITNESSING for Christ?

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2. You maintain the fullness of the Holy Spirit by abiding in Christ (John 15:5). You abide in Christ by maintaining the BASICS of the Christian life.

3. To walk by the Spirit means, above all, to cooperate with the Holy Spirit as you allow His nine-fold fruit to saturate you and to flow in and through you.

The Holy Spirit transforms your character into Christ-likeness as you allow His nine-fold fruit to flow in and through you. Let's study the fruit of the Holy Spirit as listed in Galatians 5:22,23. We may divide the fruit into three groups.

1. *Your emotions will be transformed as you maintain love, joy, and peace in your moment-by-moment fellowship with God:*

- LOVE. Make love the controlling motivation and emotion of your life. Whatever the situation, whoever the person involved, always remind yourself: *I am here to love God; and I am here to become a channel of God's love for other people.*
- JOY. Joy is enjoying God's abiding presence. Psalm 16:11: "Thou hast made known to me the path of life; in Thy presence is fullness of joy; in Thy right hand there are pleasures forever." Whatever the situation, whoever the person involved, say to yourself: *God is here, and I will enjoy His company; and I will share His fellowship with others in this situation.* Joy is an attitude of genuine enjoyment of life and everything it brings as God's blessings.
- PEACE. Peace is resting in God's sovereign goodness, wisdom, and power; it is assured confidence that Romans 8:28 is always true. Whatever the situation, whoever the person involved, say: *God is working for His glory and for everybody's good in this situation.*

A Christian who maintains love, joy, and peace in unbroken fellowship with God will have sufficient resource to overcome negative emotions.

2. *Your emotions will be transformed as you exercise patience, kindness, and goodness toward other people.*

- PATIENCE or long-suffering, when used of God, usually describes God's attitude in holding back His wrath. God is not quick to punish people; He gives many chances – people may say, much too many chances -- for sinners to repent. As a Christian emotion, long-suffering means essentially the same thing, an attitude of forbearance toward people, which gives them as many chances as they need in order to change.
- KINDNESS. Whereas long-suffering is withholding the punishment people deserve, kindness is giving them the good they do not deserve. In this sense, kindness is equivalent to grace, which is favor undeserved. People may not deserve your understanding or help or forgiveness or friendship, but you give it anyway, simply because the Holy Spirit's kindness is flowing through you.
- GOODNESS, when used of God, refers to His perfect nature that is the source of His good actions and benevolent dealings with people. When used of the Christian, goodness is the moral excellence imparted to him by the Holy Spirit; and because of this moral excellence, the Christian will seek to do good to other people and to seek their highest good.

These three emotions or attitudes are related to one another. Patience enables the Christian to put up with the trying actions and traits of others. Kindness enables him to look at the other person as someone to whom a blessing should be given. Goodness enables the Christian to give those blessings, out of the treasures of God's goodness in him.

3. *Your emotions will be transformed as you exercise faithfulness, gentleness, and self-control in regard to yourself:*

- FAITHFULNESS is closely tied up with faith. Faith is you resting confidently on the trustworthiness of God's Word. Faithfulness is you assuring others that they may rest confidently in your word of promise. Always tell yourself: *Even if others prove unfaithful, with the Holy Spirit's help I will remain faithful and worthy of the trust of others.*
- GENTLENESS or meekness was a quality of Christ (Matthew 11:29); it is exercising humility while possessing power and authority. The gentle Christian knows he is strong in the Lord, but he uses this strength to be a servant to others. Always tell yourself: *Even if others look down on me as weak and insignificant, with the Holy Spirit's help I will humble myself to serve others.*
- SELF-CONTROL is beautifully illustrated by the self-restraint in all things, which an athlete in training exercises toward himself (1 Cor. 9:25). Always tell yourself: *Even if this situation is difficult and other people are inconsiderate, God is training me, and with the Holy Spirit's help I will learn everything that God is teaching me.*

A Christian who maintains faithfulness, gentleness, and self-control in relation to himself will have no difficulty in showing positive emotions to others.

## STEP 6: DISCERN, DEVELOP, AND DEPLOY YOUR SPIRITUAL GIFTS.

Steps 1-5 opens your whole being so that the Holy Spirit can begin to fill you with His power and blessing. The Holy Spirit provides channels through which He can flow through you to others. These channels are called spiritual gifts. Now, you are ready to ask: "What are my spiritual gifts?"

When you are ready to study about spiritual gifts, you may request a FREE E-COPY of NewLife Book 13, SPIRITUAL GIFTS: DISCOVERING, DEVELOPING, DEPLOYING, from [pastorbien@gmail.com](mailto:pastorbien@gmail.com), or download Book 13 from the website: <https://pastorbiendiscipleship-resources.com/>

Today, the important thing is to make sure that you have the filling of the Holy Spirit. And from this day forward, by God's grace, make sure to maintain the Holy Spirit-filled Life and to live the Christian life and serve the Lord in the power of the Holy Spirit.